

**Press release – 24 June 2014**  
2014-67

### **County's cancer health and wellbeing day a success**

A local cancer health and wellbeing day held last week, hosted by Wye Valley NHS Trust, has been a success with more than 40 local people taking part, including local voluntary organisations and support services.

The event, only the second of its kind to be held in the county, offered people affected by cancer and their families the opportunity to access all the local information, support, and advice available.

This included a series of short talks from health professionals covering late effects of treatment, exercise, managing fatigue and the emotional impact for people affected by cancer and their family.

A clinical psychologist, the lead cancer consultant, physiotherapist, and a patient were amongst those who presented the talk to attendees. Taster activity sessions were also available including tai chi and laughter yoga to promote the benefits of returning to activity after treatment for cancer. The Yeleni Support Centre provided short taster sessions on a variety of complementary therapies.

A wide range of charities and local organisations, including The Haven, St Michael's Hospice, and Halo Leisure, were also present to showcase the services available.

Alison Stemp, Macmillan Cancer Information and Support facilitator at Wye Valley NHS Trust, said: "We're fortunate in Herefordshire to have a variety of support available for people affected by cancer, so this event was about raising awareness of these locally.

"It has been a great success and will help us to develop further support groups in Herefordshire, in addition to the Ledbury and Hereford cancer buddies support groups launched following last year's health and wellbeing day.

"We wish to thank everyone who attended the event and those who supported it, whose aim together is to ensure that people have access to the right information and support to make informed choices to help improve their health and wellbeing living with and beyond cancer".

If you would like to find out more about the support available locally call 01432 355444 ext 5459 or email [hereford.cancerinfoandsupport@nhs.net](mailto:hereford.cancerinfoandsupport@nhs.net)

#### **Photograph**

Attendees pictured taking part in Tai Chi at the Three Counties Hotel. Back row - right to left - Gill Hemming, Jill Vernon, Nick Hankinson and Irene Thomson  
Front row - instructor - Trust Occupational Therapist, Rachel O'Donnell



**Notes to Editor:**

- Wye Valley NHS Trust is the provider health services across Herefordshire and beyond. The Trust exists to improve the wellbeing, independence and health of the people we serve. We are the leading provider of health care in Herefordshire.
- By working closely with our partners, we can make good our promise to deliver a quality of care we would want for ourselves, our families and our friends.
- With an estimated annual turnover of around £160 million, we employ around 2,700 plus staff. We aim to build new relationships between our staff, patients, service users and their carers with the wider community. For further information please contact:

For further information please contact:

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